

## Surviving Cancer: A New Perspective on Why Cancer Happens & Your Key Strategies for a Healthy Life

**John M. Poothullil**

New Insights Press (Nov 15, 2017)

Softcover \$14.95 (232pp)

978-0-9984850-2-7

*Surviving Cancer provides sound research and actionable steps that anyone can follow in order to live a longer and healthier life.*

Whether you're interested in preventing cancer or stopping its spread once it has been diagnosed, John M. Poothullil's book *Surviving Cancer* will be an invaluable resource.

Most people are baffled by cancer. They know it's pervasive and a leading cause of death, yet no one can seem to agree on what causes it or how to cure it. For those who are at high risk of cancer due to genetics or environmental exposure, or for those who have already been diagnosed with the disease, this can be extremely disheartening.

Physician John M. Poothullil, who has studied cancer and diabetes for over twenty years and who fought his own battle against lymphatic cancer, encourages his audience to understand cancer like an iceberg: we generally only acknowledge the visible parts while ignoring the enormous pieces that are not as easily seen.

In his accessible, highly researched, and convincing new book, Poothullil opines that cancer grows when it is fed enough glucose. This is why cancer is pervasive among those with type 2 diabetes, who have higher than average supplies of glucose circulating through their bodies.

Backed by plenty of biological research—some of which is presented in a easy-to-understand way, though at points the book's language becomes too technical—the book forwards the notion that the spread of cancer can be halted if cells are starved of glucose. Those who are prone to cancer or who have already been diagnosed with localized cancer should eliminate grains—the main glucose-delivering culprits—from their diet, Poothullil says.

With dietary recommendations, thoughts on exercise and supplements, stress-related information, and more, the book is a complete guide for those who want to fight against cancer.

With feet in the worlds of both nature and medicine, the book does an excellent job of not being too dogmatic. It does not decry conventional methods of cancer treatment such as chemotherapy or radiation, yet it encourages patients to be proactive about their own health by watching what they eat and drink and how they live their lives.

The book's format is easy to navigate. It includes a helpful prologue, short and digestible chapters, and an accessible summary that provides conclusions and key points for convenient reference once the book is completed.

A must-have for those at high risk of developing the disease, *Surviving Cancer* provides sound research and actionable steps that anyone can follow in order to live a longer and healthier life.

ANGELA MCQUAY (January 25, 2018)

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